



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

0000

Heidingsfelder, Holger

00: Synergy-Sports.de

00: 157

00: 42.18 km

Marathon

0000:

Senioren M40 (40-44 Jahre)

000: 4:15:40

00: 9.86 km/h

0000: 6:04 min/km

00000/000: 61 (of 272)

00000/0: 59 (of 245)

000000: 3:07:01

00000: 11(of 63)

0000000: 3:35:43

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Runde	3.47	21:49	6:17	41	5:59	160	8:03	3.47	21:49	6:17	19	-	67	
Runde	3.47	21:08	6:05	40	4:41	135	6:27	6.94	42:57	6:11	43	-	67	
Runde	3.47	19:17	5:33	14	2:20	65	4:20	10.41	1:02:14	5:58	43	-	67	
Runde	3.47	18:43	5:23	6	1:42	41	3:06	13.88	1:20:57	5:49	43	-	66	
Runde	3.47	20:18	5:51	15	3:03	70	4:43	17.35	1:41:15	5:50	43	-	65	4:59
Runde	3.47	20:54	6:01	15	3:05	71	5:26	20.82	2:02:09	5:52	43	-	65	4:29
Runde	3.47	21:03	6:03	11	2:52	58	5:30	24.29	2:23:12	5:53	43	-	65	2:57
Runde	3.47	21:21	6:09	9	2:54	50	5:13	27.76	2:44:33	5:55	43	-	65	
Runde	3.47	21:17	6:08	5	2:42	39	5:15	31.23	3:05:50	5:57	43	-	64	47:00
Runde	3.47	23:40	6:49	11	4:11	64	7:34	34.70	3:29:30	6:02	43	-	59	54:34
Runde	3.47	23:24	6:44	7	3:57	57	7:32	38.17	3:52:54	6:06	43	-	59	1:02:06
Runde	3.97	22:46	5:44	7	4:47	54	22:29	42.18	4:15:40	6:03	11	39:57	62	2:46:27